



Baseball Medicine Workshop

June 10-11, 2026

Birmingham, AL

WEDNESDAY

June 10, 2026

Bruno Conference Center

- 1:50 pm WELCOME
Glenn Fleisig, PhD
Tyrone Brooks
- 2:00 pm Tour of Andrews Sports Medicine
- 2:30 pm Elbow Anatomy
Andrew Gailey, MD
Tyler Teurlings, MD
- 3:00 pm Biomechanics of the UCL in Pitching
Jonathan Slowik, PhD and David Beason, MS
- 3:30 pm Clinical Evaluation of the Elbow
Marc Rothermich, MD
- 4:00 pm Rehabilitation for Elbow Surgery
Kevin Wilk, DPT
- 4:30 pm "An Ounce of Prevention": How Increased Ball Weight and Size Decrease
Pitching Elbow Torque
Glenn Fleisig, PhD
- 5:00 pm Ultrasound Evaluation of the Elbow
Ricardo Colberg, MD
- 5:30 pm Adjourn**
- 6:30 pm Meet outside Birmingham Barons game (7pm first pitch)**

**THURSDAY
June 11, 2026**

Bruno Conference Center

- 8:30 am Tour of ASMI
- 9:00 am Biomechanical Analysis of Baseball Pitchers
Jonathan Slowik, PhD
- 9:30 am Shoulder Anatomy
Austin Broussard, MD
David Kantrowitz, MD
- 10:00am Clinical Evaluation of the Shoulder
Chris Garrett, MD
- 10:30 am Biomechanics of the Shoulder in Pitching
Glenn Fleisig, PhD
- 11:00 am Conservative Treatment of Shoulder Injuries
Kevin Wilk, DPT
- 11:30 am Lunch**
- 12:15 pm Clinical Evaluation of the Hip
Benton Emblom, MD
- 12:45pm Lower Extremity Injuries in Baseball
Jay Umarvadia, MD
- 1:15 pm Strength and Conditioning for the Adolescent Baseball Player
Mike Ryan, ATC, CSCS and Tykia Faniel, ATC
- 1:45 pm Pathways to Careers in Professional Baseball
Tyrone Brooks
- 2:15 pm Adjourn**
- 2:45 pm Meet at Birmingham Civil Rights Institute**

Faculty

David Beason, MS

Research Biomechanist, American Sports Medicine Institute

Tyrone Brooks

Senior Director, MLB Front Office & Field Staff Diversity Pipeline Program

Austin Broussard, MD

Orthopaedic Sports Medicine Fellow, American Sports Medicine Institute

Ricardo Colberg, MD

Physician, Andrews Sports Medicine & Orthopaedic Center

Benton A. Emblom, MD

Orthopaedic Surgeon, Andrews Sports Medicine & Orthopaedic Center
Co-Founder, The Hip Center at Andrews Sports Medicine & Orthopaedic Center
Fellowship Director, American Sports Medicine Institute

Tykia Faniel, MS, LAT, ATC

ATI Physical Therapy

Glenn S. Fleisig, PhD

Biomechanics Research Director, American Sports Medicine Institute
Injury Research Advisor, Major League Baseball
Pitching Safety Consultant, Little League Baseball
Adjunct Professor, University of Alabama at Birmingham

Andrew Gailey, MD

Orthopaedic Sports Medicine Fellow, American Sports Medicine Institute

Christopher Garrett, MD

Orthopaedic Sports Medicine Fellow, American Sports Medicine Institute

David Kantrowitz, MD

Orthopaedic Sports Medicine Fellow, American Sports Medicine Institute

Marc Rothermich, MD

Physician, Andrews Sports Medicine & Orthopaedic Center

Mike Ryan, LAT, ATC, CSCS

ATI Physical Therapy
Coach Safely

Jonathan Slowik, PhD

Research Biomechanist, American Sports Medicine Institute

Tyler Teurlings, MD

Orthopaedic Sports Medicine Fellow, American Sports Medicine Institute

Jay S. Umarvadia, MD

Physician, Andrews Sports Medicine & Orthopaedic Center

Kevin E. Wilk, PT, DPT, FAPTA

Co-Founder & Associate Clinical Director, Champion Sports Medicine
Vice President & National Director of Clinical Education & Research, Select Medical
Director of Rehabilitation Research, American Sports Medicine Institute
Adjunct Associate Professor of Physical Therapy, Marquette University